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ABSTRACT

This book is designed to enhance understanding of what is important for parents, coaches, and teachers to know when making choices about non-school-based programs for children. The book begins with "Preface" (Patricia A. Sullivan" and "Introduction" (Liane M. Summerfield.) The first section, "Team Sports" (Danny R. Mielke), which applies to a variety of popular youth sports, discusses what developmentally appropriate means and presents instructional methods for sports programs, noting the content that youth sport programs for children of varying ages should include and focusing on safety. The second section, "Gymnastics," (Susan M. Tendy and Carmine Giglio), describes what progression in gymnastics looks like from 18 months to 18 years. It offers benchmarks to help parents determine whether a program is right for their child. The third section, "Dance," (Gayle Kassing), explores the various settings for dance instruction and what to expect in each type of dance program. It outlines the types of dance offered in each setting and provides tips to help parents select the right type of dance program and dance teacher. An appendix offers a chart of the progression of physical activity skills for team sports, gymnastics, and dance. (Chapters contain references.) (SM)

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